

Stepping Out



FOOD FORM

Objective: To understand how of food form affects the nutritional value of food.

1. Record and compare the nutrient information for fresh pears and pears canned in light syrup.

	Calories	Fiber(g)
Fresh Pear	<u>97</u>	<u>143</u>
Pears in Lt. Syrup	<u>3.98</u>	<u>4.01</u>

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1. How do your production records show food forms? _____

2. Under what conditions would you make substitutions? _____

3. What determines the food you use when a substitution is necessary? _____

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